

a small space

All the movements below can be done on your bed or on the floor. All you need is 1 m x 2 m.

1



Sit on a rolled blanket. Extend the spine and back of neck. Stay for 10 steady in and out breaths, through the nose.

2



Stretch the arms up. Interlock the fingers and push your palms upwards for 10 breaths, relaxing on each out-breath.

3



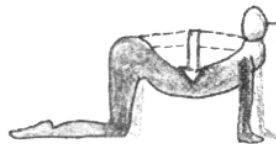
Stretch arms and hands forward between knees, extending and flattening the back. Stay for 20 breaths.

4



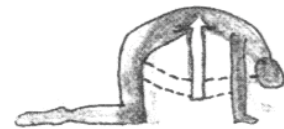
Come on to all fours with a straight back.

5



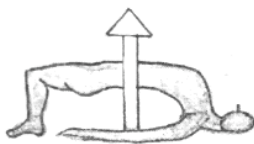
Breathing in, hollow the back.

6



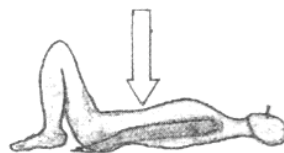
Breathing out, arch the back. Repeat steps five and six 10 times.

7



Breathing in, relax neck and face. Pressing down feet and arms, lift pelvis and back from the floor, as high as is comfortable.

8



Breathing out, lower the body to the floor. Repeat this movement with breath 10 times. Rest with knees on chest. Stretch out and relax for 20 more breaths.

9



Sit with legs bent to the left. Twist to right, looking over right shoulder. Right arm behind. Left hand outside right knee. Hold for 10 breaths. Repeat other side.



This sequence is reproduced courtesy of the excellent newsletter of the Prison Phoenix Trust (Summer 2004). Further information on the work of the PPT may be found on www.prisonphoenixtrust.org.uk or write to: PO Box 328, Oxford OX2 7HF.